

THE WARNER POST

Published by the 279th Base Support Battalion Public Affairs Office

September 17, 2004 Volume No. 4, Issue 19

**TEST YOUR
HISPANIC
HERITAGE
KNOWLEDGE**

R&R SPECIALS

**ARE YOU A
GOOD
NEIGHBOR?**

**SEND HOLIDAY
GREETINGS TO
FAMILY AT HOME
SEPT 23RD.**

Inside every issue:

"Ask the Boss"

Community Calendar

At the Movies

Emergency Numbers

A Celebration of Hispanic Heritage

**A proclamation by the President of the
United States**

America's cultural diversity has always been a great strength of our Nation. The Hispanic-American community has a long and important history of commitment to our Nation's core values, and the contributions of this community have helped make our country great. During National Hispanic Heritage Month, we celebrate the many achievements of Hispanic Americans and recognize their contributions to our country.

In 1968, the Congress authorized President Lyndon Johnson to proclaim National Hispanic Heritage Week, and this observance was expanded in 1988 to a month-long celebra-

tion to honor our Nation's Hispanic heritage. During this month, America celebrates the traditions, ancestry, and unique experiences of those who trace their roots to Spain, Mexico, the countries of Central and South America, and the Caribbean.

Throughout our history, Hispanic Americans have enriched the American way of life, and we recognize the millions of Hispanic Americans whose love of family, hard work, and community have helped unite us as a people and sustain us as a Nation. As entrepreneurs and public servants, scholars and artists, Hispanic Americans have provided wisdom, energy, and leadership to our communities, and to our country. Dur-

ing the Civil War, David Glasgow Farragut, son of Revolutionary War hero Jorge Farragut of Spain, won fame as a Union hero by blocking Southern ports. The Congress rewarded his valor by naming him the Navy's first four-star Admiral. Today, a statue honoring his many accomplishments stands in Farragut Square, Washington, D.C. Nearly a century ago, Hispanic actresses Myrtle Gonzalez and Beatriz Michelena were popular stars in silent films. Many others followed as the industry expanded in the 20th Century, including Rita Hayworth, Fernando Lamas, and Anthony Quinn. In 1959, Dr. Severo Ochoa was

(Continued on page 3)

Keeping your eye on the prize



At Bamberg's Expo 2004, thirty-five representatives from different organizations provided information about the various services to more than 400 attendees. There were plenty of giveaways, information, food and fun for everyone. Pictured, these two little girls are keeping busy coloring.

We Want to Hear From You

There are different avenues through which the members of the Bamberg German/American Military Community can have their voices heard. One is the "Ask the Boss" program, monitored by the 279th BSB commander. If you have an issue or concern for "Ask the Boss," send your questions, comments, complaints or compliments to:

Ask-
The279BSB2@CmtMail.98ASG.Army.Mil

Responses to your concerns will be directed to each individual if concern is of a personal nature, or at the appropriate community forum (TUCC, Town Hall, Community Resource Forum, Warner Post) if the issue pertains to the entire community.

Another one is the 279th BSB Commander's Open-Door Policy. LTC Thomas is available for you on a walk-in basis every Monday (excluding holidays) from 4:00-5:30 p.m. No appointment necessary... Just walk in! Location: Bldg. #7089, 3rd Floor.

You can also...Call DSN 469-1500 or CIV 0951-300-1500, submit a comment card, or contact the responsible member of staff or chain of command! □



The Warner Post

The Warner Post is a biweekly publication by the 279th Base Support Battalion and circulated in A, B & C distribution. All clubs and units are invited to send announcements and notices to: Public Affairs Office, 279th BSB, Room 324, phone: 469-2000, Building # 7089. Fax to 469-8033 or e-mail to:

BambergPAO@cmtmail.98ASG.Army.Mil

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Other publications and mediums provided by the 279th BSB Public Affairs Office: The Command Information Channel (thru TKS Cable) ; the 279th BSB internet web site at www.bamberg.army.mil; The Point, 98th Area Support Group newspaper, "Community Happenings" global email notifications.

The Secretary of the Army has determined that the publication of this periodical is necessary in the transaction of the public business as required by law of the department. Use of funds for printing this publication has been approved by CINCUSAREUR 3 July 1995, in accordance with AR 25-50. Morale, Welfare and Recreation (MWR) programs, events and activities appearing in this publication will provide reasonable accommodation for individuals with special needs.

Winner's Corner

"Recognizing good citizens, volunteers, and employees who go the extra mile to help the Bamberg Community"

Child Development Center

There has never been a more safe, caring and reliable care provider for our children. The entire staff is courteous, professional and a real "heaven send." I am thankful to have been able to benefit from your quality service.

Transportation Office ...

"The best customer service I ever received."

CAC/Trips ...

"Just here for vacation with son. Very nice to have trips for service families."

FCC ...

"Thank you for the outstanding FCC providers you gave me!! Maria and her mother are GREAT!!

279th BSB Mailroom ...

"Every time I come to pick up packages the personnel are always courteous. Keep up the good work."

"The personnel are very customer friendly and always answer my questions in a very professional way."

Community Activity Center...

Every time I visit the frame shop, Mr. Stinson provides excellent advice on matting styles and colors. His framework is always the highest quality.

ATTENTION:

All Unit Safety Officers

All unit Safety Officers and Safety NCO's must complete a local unit Safety Officer Course (SOC 40). Unit Safety Officers are appointed by the unit commander and have the status of "Additional Duty." Selected personnel will arrange participation through the unit's Training Officer. The courses are offered at 7th ATC in Vilseck below:

<u>Dates</u>	<u>Class Number</u>
Oct 18-22	01-05
Oct 25-29	02-05
Jan 3-7	03-05
Jan 10-14	04-05

SOC 40 is mandated by AR 385-10, Chapter 2, 2-1.f.(4) for all safety officers. More class dates are available later on in the year. For more information the 279th BSB Safety Office at 469-1670

A Celebration of Hispanic Heritage

(Continued from page 1)

a co-recipient of the Nobel Prize in Physiology or Medicine for the discovery of RNA (ribonucleic acid), one of the chemical building blocks of life. In the world of sports, athletes such as Roberto Clemente earned the admiration of countless Americans for his athletic skill and commitment to humanitarian efforts.

We also remember those Hispanics who established the vibrant and diverse American cities of Los Angeles, San Francisco, Santa Fe, San Antonio, and many others. We remember those

who were instrumental in exploring and mapping our great hemisphere and we honor those proud Hispanic-American patriots who fought and died for our country in every war and conflict since our founding.

During National Hispanic Heritage Month, [We should] join with all Americans in celebrating this rich and diverse culture and encourage all citizens to recognize the important role of Hispanics in creating and building this great Nation.

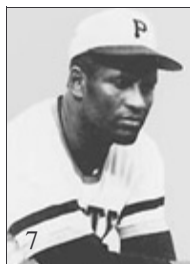
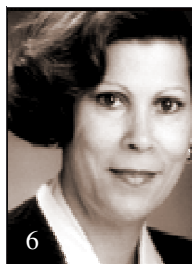
To honor the achievements of Hispanic Americans, the Congress, by Public Law 100-

402, authorized and requested the President to issue annually a proclamation designating September 15 through October 15, as "National Hispanic Heritage Month."

The 279th BSB will be celebrating Hispanic Heritage Month. "Orquesta Latino" a salsa band will be at the Stable theater on Monday, October 4. 7:00PM The annual Hispanic Heritage Month Program will be on Wednesday, October 13. Time and place to be determined. For more information on the Salsa band, call Jack Austin the Stable Theater at 469-8647.

Famous Hispanic Faces

How Many do you know?



How well did you do?

Answers:
1. Oscar Hijuelos 2. Maria Hinojosa 3. Luis Walter Alvarez 4. Ruben Blades 5. Ellen Ochoa 6. U.S. Surgeon General Antonio Novello 7. Roberto Clemente 8. Roberto Cozzucola 9. Selena, Singer 10. Labor Leader, Cesar Chavez 11. Salma Hayek, actress.

Test your Hispanic Heritage Knowledge by Erin Teare, The Fact Monster

1. Who is the first Hispanic to have won the Pulitzer Prize?

A. Oscar Hijuelos B. Isabel Allende
C. Gary Soto

2. This singer helped popularize folk music and has spent a lifetime promoting nonviolence and humanitarian causes.

A. Judy Baca B. Joan Baez C. Trini Lopez

3. Luis Walter Alvarez won a Nobel Prize in:

A. Chemistry B. Physics C. Economics

4. This nine-fingered guitarist has a devoted fan base and was honored with an eponymous Ben and Jerry's ice cream flavor.

A. Ruben Blades B. Carlos Santana
C. Jerry Garcia

5. Who is the first Hispanic to have served in the U.S. Congress?

A. Melquiades Rafael Martinez
B. Henry Cisneros
C. Joseph Marion Hernandez

6. Roberto C. Goizueta is credited with improving visibility worldwide and greatly increasing the stock price of what major U.S. company?

A. Coca-Cola B. U.S. Steel
C. CitiGroup

7. This musician/composer/actor ran for president in his native country.

A. Desi Arnaz B. Ruben Blades
C. Geraldo Rivera

8. Who is the first Hispanic player voted into Baseball's Hall of Fame?

A. Juan Marichal B. Pedro Martinez,
C. Roberto Clemente

9. Who is the first Hispanic woman to become an astronaut?

A. Sally Ride B. Ellen Ochoa
C. Mae Jemison

10 This journalist received the Robert F. Kennedy award for her story, *Manhood Behind Bars*, which ran on National Public Radio.

A. Sandra Cisneros B. Isabel Allende
C. Maria Hinojosa

How well did you do?

Check your answers on page 7



On the Community Calendar...

Sept 17HS Home Football vs. Ansbach
Sept 18 Paintball Challenge
Sept. 18 Oktoberfest
Sept 19Girl Scout Membership Sign Up
Sept 21-23 Dream Catchers
Sept. 21	. Olympic Weightlifter Shane Hamman
Sept 23 Holiday Greetings
Sept 22 Nuremberg Toy Museum
Sept. 23 Hometown Holiday Greetings
Sept. 23 League Bowling
Sept 24 LeAnn Rimes Concert
Sept 24-25 Family Weekend Retreat
Sept 25 Beach Volleyball Championship
Sept 25	. 4 Person Scramble Golf Tournament
Sept 25Austria trip
Oct 4 Hispanic Heritage Month Program
Oct 6-7Auditions for Beauty and the Beast

Hometown Holiday Greetings

Send a video greeting back home to
your friends and family .

Sept. 23.

(See listing on this page for more information)



What to do...Where to go...

Are you looking for something to do? Someplace to go? Here's what's happening on the 279th BSB Community Calendar.

(Events listed in Alphabetical order)

▣ **Auditions for Beauty and the Beast**—will be on October 6 and 7 at 6.30 p.m. at the Stable Theater. Ages 8 and up. The shows run 2 - 12 December. Call 469-8647 for more information.

▣ **Austria Trip** — to Innsbruck, a city with cultural and architectural delights spanning 800 years of history. Included is a visit to the Swarovski crystal factory. \$75 per person. Bus departs September 25 at 5.30 a.m., returns 9 p.m. For details call 469-8659.

▣ **Beach Volleyball Championship** — September 25. 4-person teams compete (can be mixed, all male or female) ages 16 on up. Must be ID card holders. \$5 entry fee per player. Prizes awarded top finishers. Sign up by Sept. 23. 469-8659.

▣ **Dreamcatchers**—A 3-day experience for women to learn about yourself. Gain empowerment through inspirational, interactive games and exercises. Sept 21-23 9AM-2PM. For info call ACS at 469-7777

▣ **Family Weekend Retreat**—“Strengthening Family Ties” is the theme for this retreat hosted by the Chapel Family Life Center. September 24-25. great food and childcare provided, at Hotel Sonnenhuegel, Bad Kissingen. Register now by calling Rosetta at 0951-300 9026 for details. Limited availability!

▣ **High School Football Game** Home game vs. Ansbach. Game time 7:00PM at Pendleton Field.

▣ **Girl Scouts Registration**—Come to the Girl Scout Hut Bldg 7008 (near Engineer Lake and MP working dog site) on September 19, 2-3PM. Registration is \$10.00. Adult leaders are needed as well. For more information see back cover.

▣ **4-Person Golf Scramble**—September 25 at the Whispering Pines, Building 7682, tournament takes place with 1st, 2nd and 3rd place prizes plus prizes for longest drive and closest-to-the-pin. Fee \$15 includes DSN Call 469-8953 for more information.

▣ **Hometown Holiday Greetings**—Sept 23 at the Main PX from 9 am to 5 pm, broadcasters from the Army and Air Force

Hometown News Service will be recording holiday greetings from troops and families overseas. Recordings will be aired state-side. Spouses are encouraged to bring children and family pets. Soldiers must be in uniform. To set an appointment time call the Public Affairs Office 469-1600.

▣ **League Bowling**—Awesome leagues forming. Free bowling ball for all participants on September 23rd. Bowl all night for \$5. includes shoes. Call bowling center for details 469-7722.

▣ **LeAnn Rimes**— will be in concert on Friday, September 24 at the Vilseck Army Airfield. Get on the bus with the CAC! The bus departs at 3PM. The concert begins at 8PM. **Both concert and transportation are free!** Call CAC for more information 469-8659.

▣ **Oktoberfest**—Attend the worlds most famous fest on September 18. Cost: \$25. Call the CAC for more information 469-8659.

▣ **Olympic Weightlifter Shane Hamman** will be at the JFK Gym on September 21 from 11.30 a.m. to 1 p.m. and from 3 to 5 p.m. for demonstration & clinic, pictures and autographs call 469-7597 for details

▣ **Paintball Challenge**—The CAC staff says they cannot be beaten in paintball. They challenge all who dare in this final challenge of the season. Challenge them, your favorite unit, your best friend or enemy. Call 469-8659 for more info.

▣ **Nuremberg Toy Museum**— September 22, see the Toy Museum in the very heart of the old town center. This museum has attracted more than 4 million visitors from all over the world. Departs 8:30AM, returns 4:30 PM on Sept 22. This is an ASG trip with free transportation.

▣ **Salsa Dancing with a live band**—In honor of Hispanic Heritage Month the Latin Band “Orquesta Latino” will perform at the Stable Theater October 4 at 7PM . See cover story for more information.

▣ **Support Group** — for spouses of deployed soldiers. Every Tuesday at the Chapel Family Life Center from 1-2 p.m. Childcare provided. Call Rosetta at 0951-300 9026.



What's Playing? At the Reel Time Theater...

Sept. 17	Anacondas, 7PM
Sept. 18	King Arthur, 4 PM
Sept. 19	Spider-Man 2, 7PM
Sept. 20	King Arthur, 4PM
Sept. 21	Anacondas, 7PM
Sept. 22	Spiderman 2, 7 PM
Sept. 23	Anacondas, 7 PM
Sept. 24	Paparazzi, 7 PM
Sept. 25	A Cinderella Story, 4PM
Sept. 26	Anchorman, 7 PM
Sept. 27	A Cinderella Story, 4PM
Sept. 28	Paparazzi, 7 PM
Sept. 29	Anchorman, 7 PM
Sept. 30	Catwoman, 7 PM

***Movies and times are subject to change.**
For up-to-date information call the Reel Time Theater at DSN 469-1790 or CIV 0951-300-1790.

Ratings:

G - General Audience All ages admitted.

PG - Parental Guidance Suggested.

PG-13 Parents Strongly Cautioned. Some material may be inappropriate for children under 13.

R- Restricted-Under 17 requires accompanying parent or adult.

ANACONDAS: THE HUNT FOR THE BLOOD ORCHID Sequel to ANACONDA. Morris Chestnut, Johnny Messner. The film is a horror-thriller set in a primitive Borneo jungle. A group of scientists set off on a dangerous journey down a jungle river in search of an extremely rare blood orchid that is rumored to be the source of a youth-preserving serum. What they don't realize is that within the mysteries of the jungle lies a deadly predator who keeps the secret of the orchids safe and stops anyone who dares to enter its territory from leaving. PG-13, (for action violence, scary images and some language) 93 min.

ANCHORMAN John Ferrel. Set in 1970's San Diego, this is the story of local TV anchorman Ron Burgundy, God's gift to the ladies and the area's most respected reader of the teleprompter of the news fit to be known, who finds his position challenged by an ambitious female newscaster who, unlike Ron, actually knows something about journalism. PG-13 (sexual humor, language and comic

violence) 91 min.

CATWOMAN Halle Berry, Benjamin Bratt, Lambert Wilson, Sharon Stone. Shy, sensitive artist Patience Philips (a woman who can't seem to stop apologizing for her own existence.) works as a graphic designer for Hedare Beauty, a mammoth cosmetics company on the verge of releasing a revolutionary anti-aging product. When Patience inadvertently happens upon a dark secret her employer is hiding, she finds herself in the middle of a corporate conspiracy. In a mystical twist of fate, she is transformed into a woman with the strength, speed, agility and ultra-keen senses of a cat. Patience becomes Catwoman, a sleek and stealthy creature balancing on the thin line between good and bad.PG-13 (for action violence and some sensuality) 104 min.

A CINDERELLA STORY Hilary Duff, Jennifer Coolidge. Samantha lives at the beck and call of her self-obsessed step-mother Fiona and her sinfully wicked step-sisters. She finds her less-than-sparkling social life wonderfully complicated when she meets her Prince Charming online. Her anonymous cyber soul mate turns out to be Austin, her high school's quarterback. Fearing rejection, Sam dodges Austin's efforts to discover the identity of his princess. Will Sam let fear hold her back, or will she find the courage to be herself and claim the life she's always wanted? Her chance at "happily ever after" depends on it. Rated PG (mild language, innuendo) 95 min.

KING ARTHUR Clive Owen, Ioan Gruffudd Arthur and his knights have served in the Roman military for 15 years, and now have only one mission to fulfill before being granted their freedom. As the Saxons attack Britain, they must head north to rescue the last Roman officials left in a village. Once there, the Knights of the Round Table team set free Guinevere, a fierce fighter imprisoned by the Romans, so they can face the Saxons in battle. PG-13 (intense battle sequences, sensuality, language) 126 min

PAPARAZZI Amanda Mackey Johnson, Cathy Sandrich, Wendy Weidman, Sig De Miguel. When overzealous paparazzi photographers cause a car accident that injures the wife and son of hot movie star Bo Laramie, he plots revenge on one of them. Drama, Thriller Rated: PG-13 (for intense violent sequences, sexual content and language) 85 min.

SPIDERMAN 2 Tobey Maguire, Kirsten Dunst. Your friendly neighborhood Spider-Man returns in the sequel to the record-breaking blockbuster movie debut for Marvel Comics' flagship character. Tobey Maguire returns as Peter Parker, the nerd-turned-hero, to face new threats to New York City and the people he loves. PG-13 (stylized action violence) 127 min.



A three day experience
for women

Dreamcatchers

21-23 Sept
9 a.m.- 2 p.m.
to register
Call ACS at
469-7777

R&R Special Offers

Hale Koa Hotel Hawaii

Minimum 3 nights/4 days
\$240-291 single service member (incl. breakfast and dinner)
\$297-351 Double occupancy package (incl. breakfast and dinner)
Kids under 12 stay free

Call DSN CONUS 1-800-367-6027 for reservations
Or: reservations@halekoa.com

R&R Specials

Shades of Green, FL

Minimum 4 nights/5 days
\$257-357 single service member (incl. breakfast and dinner)
\$314-415 Double occupancy package (incl. breakfast and dinner)
Kids under 12 stay free

Call DSN CONUS 1-888-593-2242 for reservations:
vacation@shadesofgreen.org

Martial Arts

The Community Activity Center offers
a Program for Adults and Children

Monday & Wednesday

For more information call
Steve at the CAC DSN 469-8659

Beach volleyball Championship 2004

September 25
4 person teams
(mixed, male or female)
ID Card holders only
\$5 entry fee per player

For more info
call 469-8659

Are you a good neighbor?

Living in family housing offers families many positive experiences such as support and networking .

Here are a dozen suggestions for being a good neighbor. How many do you follow?

1. Say hello to your neighbors.
2. Make sure you and your guests respect the property of others. When having guests over, make sure your guests follow parking regulations
3. When you park, don't block a neighbor's driveway or park

in someone else's parking space.

4. Trade phone numbers with neighbors.
5. Use respectable language while outside
6. Keep the noise levels low, especially at night. Noise travels easily. If someone lives under you, be mindful of them. Don't let your children stomp and run through the quarters.
7. Don't beep car horns late at night when neighbors are sleeping
8. Keep parties fairly small. Let your neighbors know a day or two in advance of your

party. Give them your phone number so they can call YOU if there is a problem instead of the police.

9. Keep your party inside and quiet after 11 p.m.
10. Clean up after your dog when you're taking him/her for a walk. No one wants to step in or smell a pile of poop! When inside keep your dog from barking continuously.
11. Always keep your house and vehicle locked.
12. Attend building meetings and speak to your children about safety and being courteous.



Twins Jasmine (l) and Jayda (r) Ford and another little girl (c) have fun at National Night Out. "A community gathering where neighbors get to know neighbors," said Terry Snow Safe Neighborhood Aware Program Coordinator, SNAP. "If you know your neighbors you are more likely to get along and watch out for each other."

Army Community Services (ACS)

Hard at work for you...

For information on the programs listed below call the ACS Information and Referral office at 469-7777 or stop by building 7029 7:30 AM -4:30 PM.

**** Due to contractual changeovers, please note that there maybe changes in the scheduling of ACS classes. All information printed is current as of print time. If interested in any of the classes listed below please call ACS to verify times and dates.**

Coming events with ACS...

■ **Prenatal Yoga classes** – meditation and relaxation techniques for expecting mothers. Thursdays, 3:30-5PM.

■ **Playmornings** – Child not in daycare? Let your child play and gain developmental skills while you interact with other parents. Friday mornings 10-11:30 AM.

■ **Adult Gardening** - Plant the seeds to grow as a parent by learning skills to develop your child's growth, NPES, Bldg 7486. Monday, Sept 20th, 2:30-4:40 PM.

■ **Dreamcatchers**—A 3 day experience for women. Learn how to reduce stress, gain empowerment and have fun. Meet new friends and so much more. Sept. 21-23 9AM-2PM.

■ **English as a Second Language (ESL)** classes - If English is not your primary language and you would like assistance, sign-up for ESL classes. Varying levels of classes offered. Tuesday's and Thursday's. Beginner classes at 7:30-9:30AM, Intermediate class 1-3PM, Advanced class 9:30-11:30AM.□

New Life Missionary Baptist Church

27 Jack Strasse* Bamberg Germany
0951-7000-893

Services

Sunday School 9:30 AM
Worship Service 11:00 AM
Youth & Adult Bible Study
2nd & 4th Thurs of each month 7PM

Let everything that has breath
praise the Lord"

-Psalms 150:6



German Holiday October 3

As a reminder...

Please note that there is a German holiday on, October 3. German Unification Day. Tag der deutschen Einheit. This national holiday commemorates the peaceful reunification of Germany on October 3, 1990. This was the day East and West Germany unified. Germans have celebrated their unity every year since this momentous occasion. It often symbolizes the end of the Cold War between East and West as well. Please mark you calendars accordingly and plan ahead.

Bringing home more than books by Spc. Todd Goodman

School has begun, and with that comes the chance to learn readin', writin' and 'rithmetic. Children also will have the chance to pick up head lice and foot and mouth disease – not requirements on a college application.

Head lice are a widespread and sometimes unpleasant infection, especially among school-age children. A common misconception is that they are a symptom of poor hair hygiene – lice are just as likely to be found on clean or dirty hair. Lice can be sneaky devils, lying in wait on a pillow, bed linen or ball cap upward of seven days before finding a head on which to feed, said Cpt. Victoria J. Owens, assistant chief of Landstuhl Regional Medical Center's Community Health Nursing. Once lice attach themselves to a head, it doesn't take long before they lay eggs and take residence.

"An adult louse will lay eggs that will hatch within seven to 10 days," said Owens. "In another two weeks, those lice have reached adulthood and are ready to lay their own eggs. The entire egg cycle only takes three weeks."

Constant scratching and irritation where a rash has developed is a good indication that a person may have head lice.

"Take a close look, especially at the hair toward the nape of the neck," she said. "Eggs can be seen, but an adult is barely visible to the naked eye."

The eggs actually get matted to the hair and scalp.

"I treated a woman who looked like someone had matted her hair with cream of wheat or grits," said Owens.

Contrary to popular belief, head lice cannot jump, hop or fly, but are spread by sustained, direct, head to head contact. Often times, children get head lice from close contact when playing together, whispering, hugging or when in close contact with an infected adult. To prevent the spread of lice, wash clothes and bed linens in hot water and practice good hygiene. Over-the-counter medications can be used to treat existing lice. After the initial treatments, it is recommended to wait 10 days and treat the area again to kill any remaining eggs.

Hand, foot and mouth disease is a

viral infection, which will cycle itself out after seven to 10 days. It is found in saliva and mucous and spreads through the air or by touch. It also is spread through fecal matter, like when a child fails to wash his hands after using the restroom. He touches a toy, then it gets touched by some other child and inevitably, he scratches his eyes or puts his fingers inside his mouth.

Symptoms can include fever, headache, sore throat, lesions on the palm, fingers or soles of the feet, lack of energy and small ulcers in the mouth. The infection usually occurs during the summer and fall and can affect anyone, though it is more common in small children.

Assistant chief

Cpt. Victoria J. Owens

of Landstuhl Regional Medical Center's Community Health Nursing Department

"I treated a woman who looked like someone had matted her hair with cream of wheat or grits."

even if the child is still in diapers. A lot of good hand washing needs to take place."

When washing a child's hands, make sure to wash between the fingers and around the nails. There is no cure for this infection and antibiotics do not help. Much like the common cold, sufferers simply must wait for it to run its course.



Safety Reminder For Post Residents

Families living on post are reminded that entry doors to housing buildings must be locked at all times. In addition, building coordinators need to make certain that all exterior doors to their building are closed and locked and that all families have keys for these doors.

Remember that all cars need to be reg-

istered. If you notice an un-registered car that has been parked in your housing area, notify the Military Police immediately at 469-8700/7770 or Civilian 0951-39999.



Answers to Hispanic Heritage Quiz

1. A – **Oscar Hijuelos.** Oscar Hijuelos earned a Pulitzer for *The Mambo Kings Play Songs of Love* (1989), the story of Cuban musicians in New York in the early 1950s, when Latin music first swept the United States.
2. B – **Joan Baez** In the 1960s Joan Baez started *The Institute for the Study of Nonviolence*, which is now called the Resource Center for Nonviolence.
3. B – **Physics** In 1968, Luis Walter Alvarez was awarded the Nobel Prize in Physics for his work on a radio distance and direction indicator.
4. C – **Jerry Garcia** Jerry Garcia's band, *The Grateful Dead*, epitomized the San Francisco sound of the 1960s.
5. C – **Joseph Marion Hernandez** was a delegate from the Spanish territory of Florida. He served in Congress just over five months, from September 1822 to March 1823.
6. A – **Coca-Cola.** Roberto C. Goizueta was the chairman of Coca-Cola for 16 years. During his tenure, stock prices increased over 7,000%.
7. B – **Ruben Blades**, in 1994, ran an unsuccessful campaign for the presidency of Panama.
8. C – **Roberto Clemente** is often considered baseball's greatest right fielder and is beloved for the humanitarian work he pursued in his lifetime.
9. B – **Ellen Ochoa** became an astronaut for NASA in 1990.
10. C – **Maria Hinojosa** is a CNN correspondent and hosts NPR's *Latino USA*.

Girl Scouts

Discover the fun, friendship, and power of girls together, and you can be a part of it! Whether you're a girl in the United States or overseas who wants to be a Girl Scout, a college student working on a community service project, a parent ready for an outdoor adventure with your daughter's troop, or an adult—female or male—looking to make a difference in a girl's life, there's something for you in Girl Scouts. The possibilities are endless! Find out more about the different types of membership:

- Girl members ■ Adult membership
- Campus Girl Scouts ■ Lifetime membership

All members share the Girl Scout Promise and Law, follow safety guidelines and pay annual membership dues of \$10.00. Dues enable girls to enjoy every aspect of the Girl Scout program. Additional fees for individual events may apply.

Girl Scouts may also choose to purchase uniforms, insignia, and books to enhance their Girl Scouting experience.

Joining Girl Scouts is simple. Registration is being held September 19th at the Girl Scout Hut Building 7008 from 2-3PM. For more information on the Bamberg Girl Scouts Contact Kimberly Millner at 0163-648-5441 or send an email to:

Bamberggs@yahoo.com.



**Click it...
or ticket!**

**LeAnn
Rimes**

Sept 23

Ramstein Air Base, 8 p.m.

Hangar 3

Sept 24

Vilseck, 8 p.m.

Army Airfield

Courses open at 6 p.m. Shuttle buses will be available from Grafenwohr, Hohenfels and Vilseck. For more information call 800-476-7107/7670-7106.

Open to US ID cardholders. Installation pass holders and their guests. No bottles or coolers.

www.rimestimes.com



www.mwr.europe.com

THE WARNER POST

We're on the Web! See us at: www.Bamberg.army.mil

Post Emergency Hotline:0951-300-114

Fire Department 0951-300-117
 Medical Services 0951-300-116
 Poison Control 06371-86-7070
Military Police (MP's) 0951-39999
 German Police, Emergencies only 110
 German Ambulance 0951-19222

(MP's will need to know an ambulance is coming; they can also place call for you)

*** Think Safety. Be Aware of your Surroundings**

For Non-emergencies Call:

Tricare Personal Health Advisor 0800-825-1600
 Chaplain 0951-300-1570
 American Red Cross 0951-300-7785
 Road Conditions 09841-834590
 ACS Information & Referral 0951-300-7777
 Social Work Services 0951-300-8795/7793
 DPW Work Orders 0951-300-5000
 Dental Clinic 0951-300-8895/1720
 Health Clinic Appointments 0951-300-1750/7772
 (Family member appointments call-in Monday, Tuesday, Wednesday and Friday after 8AM and Thursday after 1PM)